

## Pregnancy at a Young Age (AK 34 -USDA 331)

### Explain to Participant

You're enrolled in the WIC program today because you are pregnant at or before the age of 17 and your body is still growing. You will need to eat plenty of healthy foods during your pregnancy to support both your growth and your baby's growth.

### Goal

The goal is to encourage you to eat a variety of healthy foods to meet your bodies growing needs and to support the growth of your baby. You can make sure that you are gaining enough weight during your pregnancy by following your weight gain chart.

### Suggestions for Reducing Risk

Follow the recommendations of your health care provider.  
See your doctor regularly to monitor your pregnancy.  
Explain the nutrition education materials suggested.  
Eat 3 meals a day plus 2-3 healthy snacks and take prenatal vitamins daily.  
Avoid junk foods, which are generally high in calories and low in nutrition.  
Avoid alcohol, tobacco and drugs.  
Eat a variety of foods from all the food groups every day.  
Ask your health care provider about exercise.  
Drink 8 glasses of water every day.

### Nutrition Education Material Suggested

How To Have a Healthier Baby-Tips for Pregnant Teens

### Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

### Explain What the WIC Nutrients Can Do for You!

<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control Blood pressure.
<b>Iron</b>	Carries Oxygen in your blood to your muscles. Prevents Anemia. Prevents Infection.
<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.

### Materials with More Information

Foundation for Fitness...for your Special Delivery